

Outdoor Recreation

480-350-5200 • See page 2 for Code of Location Abbreviations.

Family Day Hikes-480-350-5200-All hikers should bring 2 quarts of water, lunch, snack, hat, sunblock, adequate clothes for the weather (raingear) and comfortable hiking boots or shoes. Even good trails are rocky. All participants will meet 15 minutes prior to scheduled time at the Pyle Adult Recreation Center, 655 E. Southern Avenue, on the day of the hike to receive directions to the trailhead. Please come prepared to drive and pay park entrance fees. It is customary to reimburse the driver \$.05 per mile if you choose to ride with someone rather than drive yourself. Sorry, pets are not allowed; working dogs permitted. Register early, hikes are limited to 14 participants. Trail access courtesy of the U.S. Forest Service.

Walnut Canyon/Fisher Point-Walnut Canyon is a small national monument located just east of Flagstaff. It is known for the Sinagua Cliff Dwellings at the end of the Canyon. Walnut Canyon stretches for several miles across the Coconino Plateau. This hike will begin upstream from the monument and will let us see the beauty of this small but interesting canyon. We will hike to Fisher Point along part of the Arizona Trail. This area is managed by the Forest Service as a bird nesting area and is known for its wildlife. This hike is seven miles with an elevation gain of 300 feet. Fee: Adult \$14 Youth \$8.
OH1K-1D 12yrs+ Su 9/19 7am-6pm PAC

Hidden Valley/Fat Man's Pass-We will hike the National Trail on South Mountain in Phoenix to Hidden Valley. It is hard to believe as you hike along this trail that you are in the middle of the City. We will enjoy the beautiful desert vegetation along the way and visit the tunnel and Fat Man's pass. The hike is 3.5 miles round trip with a 200 foot elevation gain/loss. This hike is rated leisurely to moderate. Fee: Adult \$10 Youth \$5.
OH1K-2D 10yrs+ Sa 10/23 8-2pm PAC

Women's Hiking Group-Exercise, energize, revitalize! Enjoy the outdoors and female camaraderie. No kids, phones, no hassle! Class will consist of one classroom session, two half-day hikes and one full-day hike. Participants must be in good health. Hikes are easy to moderate. You will need a day-pack, lunch and transportation to and from the trail heads. Optional car-pool. Classroom session and hike will meet at Pyle Adult Recreation Center. Mandatory classroom session Tuesday, 9/21, 7pm. Hike Dates: Saturday, 9/25 Wet Beaver Creek (Sedona area) 7am-4pm; Saturday 10/2, Peralta Trail (Superstitions) 7am-2pm; Saturday 10/9, Woodchute Trail (Mingus Mt.) 7am-5pm. Fee: \$40.
OH1K-3D 18+yrs T 9/21 7-8pm PAC

Outdoor Classes and Workshops

Basic Birding-Wow! What in the world kind of bird was that? Learn more about that bird and the 530 others that have been recorded in Arizona in Herb Fibel's Basic Birding class. The class includes seven one hour Wednesday evening classroom sessions and three weekend field trips to local birding hot spots. Fee: \$24.
ORCL-1D Adult W 9/29-11/10 7-8pm PAC

Black Powder-Re-live the history of the Civil War days as you learn about black powder and the types of rifles that were used during this period. Three classroom sessions and one session on the firing range. (Range date 10/11) Instructors are certified through the National Muzzle Loading Rifle Association and are volunteers with the Arizona Game and Fish Department. All rifles and materials are provided. Please bring your own ear protection (foam ear-plugs are acceptable) Fee: Adult \$10 Youth \$6.
ORCL-2D 10yrs+ Th 10/7-10/14 6:30-8:30pm PAC

Boating Safety Course 480-350-5201-This class, taught by Arizona Game and Fish, is your passport to the open waterways. Learn about boating regulations, handling boating accidents, code violations, navigation, trailing watercraft and more! Fee: \$5.
KBS1-1D 12yrs+ T/Th 10/19 & 10/21 6-10pm KRC
KBS1-2D 12yrs+ M/W 9/27 & 9/29 6-10pm KRC



Gardening-Create your own Wildlife Garden **New!**
480-350-5201-Birds, bees and butterflies are attracted to certain plants. Learn which plants provide shelter and food for native wildlife to create and aesthetic and functional habitat in your backyard. Fee: \$10.
KGAR-1D 18yrs+ W 9/15 6-7pm KRC

Gardening-Vegetable Gardens 480-350-5201-Want organic vegetables grown in your backyard? Learn how to plant, fertilize and care for your vegetable garden-naturally. Fee: \$10.
KGAR-2D 18yrs+ Th 9/23 5:45-6:45pm KRC

Gardening-Design your own Herb Garden **New!**
480-350-5201-Learn the basics of herb care and create a working plan of herbs that grow well in the desert. Both landscape and container planting will be discussed. Fee: \$10.
KGAR-3D 18yrs+ Th 9/30 5:45-6:45pm KRC

Gardening-Edible Desert Plants 480-350-5201 **New!**
Did you know that many of the native desert plants are edible? "Cactus Jack" will teach you which plants are edible and you will even sample a few during class. Fee: \$10.
KGAR-4D 18yrs+ Th 10/14 6-7pm KRC

Hunter Safety-Volunteers from Arizona Game and Fish Department will instruct this course. Class will consist of 9 two-hour classroom sessions and a mandatory session at the firing range on 10/9, 7:45am-noon. Participants must be at least 10 years old, families are encouraged to take the class together. Fee: Adult \$6 Youth \$3.
ORCL-6D 10yrs+ T/W 9/14-10/12 6:30-8:30pm PAC

Rock Climbing and Rappelling-Basic instruction on fundamentals and techniques of climbing, as well as knot tying and methods of belaying. Adults 18 years+ only. Participants need to arrive 15 minutes prior to class start time to be fitted for shoes and complete waiver form. Fee: \$44.
ORCL-8D 18yrs+ W 10/13,20,27 6:30-930pm ROC

Discover Scuba-For those who think they might like to learn how to Scuba dive, this is your chance to "test the waters". This two-hour workshop will give you a hands-on look at what the sport is all about. You will learn about equipment, safety and certification requirements. Wear your swimsuit and bring a towel, you will be able to get into the pool with an instructor and try out the equipment. Participants need to arrive 30 minutes prior to class start time to be fitted for equipment and complete waiver form. Fee: \$40.
ORCL-3D 16yrs+ T 9/21 6:15-8:15pm OCP
ORCL-4D 16yrs+ Th 10/14 6:15-8:15pm OCP
ORCL-5D 16yrs+ Th 11/11 Noon-2pm OCP

Juniors Rowing

Junior rowing is designed to accommodate teens from age 13 to 18. The first year of rowing is spent as a Novice rower learning the skills, the mentality and gaining the necessary physical fitness to produce a smooth and stable boat. At competitions, the Novice rowers compete against others in their first year of rowing, effectively leveling the playing field and creating some exciting race opportunities.

After completing the novice year, rowers move up into the Varsity class to improve skills, gain a better understanding of competitive rowing and achieve an outstanding level of physical fitness. Competitions become more challenging and practice is geared towards the racing experience.

Novice Row-Juniors-Come join the Novice rowing team and develop your rowing skills in a team sport environment. The novice year focuses on improvement of the rowing stroke and training for racing. Float tests* will be held on 9/8/2004 and 11/1/2004 at a local pool. Recommended 1-year participation. Fee: \$87.
OROW-1D 13yrs+ M/W/F 9/8-10/29 3:45-6pm TTL
OROW-2D 13yrs+ M/W/F 11/1-12/17 3:45-6pm TTL

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Varsity Row-Juniors-Designed for rowers that have completed their novice year, Varsity Row fine-tunes the skills you have learned to create fast racing boats. This course is repeatable. Fee: \$110.
 OROW-3D 13yrs+ M/W/F 9/8-12/17 3:45-6pm TTL

• Important note about the float test •

The float test will be held at a local pool (location TBA prior to each class). Students will be asked to float, tread water and/or swim unassisted for 10 minutes. Please come with shorts and a long-sleeve shirt to test in (no sweats please) and a change of clothes. There will be a video presentation on safety and rowing during the float test class session, as well.

Adult Rowing

Adult Rowing encompasses anyone who is 18 years old or older. Whether you are an accomplished competitive rower or if you have never seen a rowing shell before, we have a class for you.

- Beginners will take the Learn to Row I course to get introduced to the very basics of rowing. Learn to Row II will allow you to improve your newfound skills (or remember your old rowing skills!) and prepare to join the
- Novice Rowing Program. The Novice Rowing Program gives you the opportunity to row as a team, form boats and, possibly, put your skills to the test at one of our local rowing races.
- Fitness/Intermediate rowing focuses on the enjoyment of rowing a shell and getting a great workout in the process.
- Competitive Rowing are for those who have had one or more years of rowing experience. This group focuses on competitive rowing and traveling to regional races.

Learn to Row 1-Designed exclusively for first time rowers, this course will lead you through the basics of rowing a four or eight person shell. Safety, boat handling, proper rowing technique and developing fitness are stressed. Participants must be able to pass the 10 minute float test* and have a basic level of fitness. The first class will meet at a local pool for the float test and safety video presentation. Attendance of the first three classes is mandatory. Fee: \$105.

OROW-4D	18yrs+	Sa/Su	9/11-10/3	7-9am	TTL
OROW-5D	18yrs+	Sa/Su	10/16-11/7	7-9am	TTL
OROW-6D	18yrs+	M/W	9/8-10/4	5:45-7:45pm	TTL
OROW-7D	18yrs+	M/W	10/11-11/3	5:45-7:45pm	TTL

Learn to Row 2-Your next step in rowing! The focus is building on the skills learned in Learn to Row I and gaining the confidence and knowledge to progress to Novice Rowing. More emphasis is placed on fitness and precision. *Prerequisite Learn to Row I.* Fee: \$105.

OROW-8D	18yrs+	S/Su	9/11-10/3	9-11am	TTL
OROW-9D	18yrs+	S/Su	10/16-11/7	9-11am	TTL
OROW-10D	18yrs+	T/Th	9/7-9/30	5:45-7:45pm	TTL
OROW-11D	18yrs+	T/Th	10/12-11/4	5:45-7:45pm	TTL

Adult Novice Rowing Program-Completed Learn to Row and you want more? Join rowers like yourself and continue the learning process. This follow-up class to LTR places even more emphasis on skill building and fitness development. Students are encouraged to repeat this course in preparation for advancement to higher levels. *Prerequisite Learn to Row 2.*

OROW-12D	18yrs+	S/Su	9/11-11/7	5-7am	\$115 TTL
OROW-13D	18yrs+	S/Su	11/20-12/19	7-9am	\$82 TTL
OROW-14D	18yrs+	Th	9/9-11/4	5:45-7:45pm	\$50 TTL
OROW-15D	18yrs+	Th	11/18-12/16*	5:45-7:45pm	\$25 TTL

*No class 11/25/04

Adult Intermediate/Fitness Row-For the rower who has completed Novice rowing and wants to gain more experience. Intermediate/Fitness rowing will challenge rowers to improve skills and develop a strong cardiovascular fitness base. 6 months to 1 year rowing experience recommended. This class is repeatable.

OROW-16D	18yrs+	M/W/F	9/8-12/17	5:45-7:45pm	\$165 TTL
OROW-17D	18yrs+	S/Su	9/11-12/19	6-8am	\$130 TTL

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Adult Competitive Rowing Program-This course is designed with the serious competitive athlete in mind. Rowers with 1+ years of experience learn and practice racing techniques and strategy. Boat speed and excellence in rowing skills are stressed in this class.
 OROW-18D 18yrs+ M/W/F 9/8-12/17 5-7am \$165 TTL

Erg Fitness-Pilates has nothing on this! Whether you want to hone that competitive edge for the sprint season or if you just want to work off a few winter pounds, this class will supply you with an individualized work-out plan. While there will be mixed experience levels in this class, the workouts will be tailored to the individual. LTR 1 is prerequisite. 5 weeks.
 OROW-19D 18yrs+ T/Th 9/7-10/7 5:45-7:45pm \$50 TTL

Sculling Basics-This class introduces the rower to sculling technique in single and quadruple shells. Instructor recommendation or successful completion of Learn to Row 2 are prerequisite. 5 weeks.
 OROW-20D 18yrs+ S/Su 9/11-10/10 8:30-10am \$85 TTL

Advanced Sculling-Those wishing to continue to improve sculling skills can continue with this class. More emphasis will be placed on boat speed and competitive training. This class is repeatable. 5 weeks.
 OROW-21D 18yrs+ S/Su 10/23-11/20 8:30-10am \$85 TTL

Register online at www.tempe.gov/pkrec/ or come into the Rio Salado Operations Center at 620 N. Mill or the Tempe Public Library (2nd Level) to register.

Kayaking

Beginning Kayak 480-350-5201-Ever wanted to learn how to roll a kayak? Arizona Canoe and Kayak classes are designed for beginners interested in learning how to paddle and roll kayaks. This 16 hour class teaches you how to fit and select gear, basic strokes, wet exits, bow rescues, Eskimo roll and boat handling technique in preparation for white water or sea kayaking. Bring your swimsuit and towel and prepare to have fun! Kayaks, equipment and PFD's provided. Fee: \$185.

KAY1-1D	16yrs+	Sa/Su	10/16, 17, 23, 24	1-5pm	KRC
KAY1-2D	16yrs+	Sa/Su	11/13, 14, 20, 21	1-5pm	KRC

Kayaking-Ride the Waves 480-350-5201-For advanced kayakers to practice, workout, or demo the latest kayak designs and/or equipment. Paddlers must have completed Beginning Kayaking. Fee: \$25.

KAY5-1D	15yrs+	Su	9/19	1:30-4:30pm	KRC
KAY5-2D	15yrs+	Su	10/3	1:30-4:30pm	KRC
KAY5-3D	15yrs+	Su	11/7	1:30-4:30pm	KRC

Beginning River Kayak-Ever wanted to learn how to roll a kayak? Arizona Canoe and Kayak classes are designed for beginners interested in learning how to paddle and roll kayaks. This 16 hour class teaches you how to fit and select gear, basic strokes, wet exits, bow rescues, Eskimo roll and boat handling technique in preparation for white water or sea kayaking. Bring your swimsuit and towel and prepare to have fun! Kayaks, equipment and PFD's provided. Fee: \$185.

OPAD-1D 16yrs+ S/Su 9/11,12,18,19 8am-noon AZCK

Sea Kayaking-Come out and give sea kayaking a go in this 16-hour course designed for first-time paddlers. Arizona Canoe and Kayak School introduces you to low-risk and fun sea kayaking technique. Learn skills ranging from fitting and selecting equipment and kayaks to assisted and solo re-entry methods. Learn basic skills needed to develop a clean wet exit and Eskimo roll. No prior experience necessary. Kayaks, equipment and PFD's provided. Fee: \$185.

OPAD-2D	16yrs+	M/W	9/13,15,20,22	6-10pm	AZCK
KAY2-1D	16yrs+	Sa/Su	11/27, 28, 12/4, 5	1-5pm	KRC

